



JACS Pacs

Perfect balance of taste and energy.

Energy

Power through your day with the Reuben Sandwich and Wake Me Up Smoothie, the perfect combo for the energy you need!

\$32.00



Balance

Stay balanced with the Chicken Mayo Sandwich and Immunity Booster Juice. A feel-good combo that's kind to your body and mind.

\$28.00



Health

Packed with nutrients, the Roasted Veggies Sandwich and Blood Booster Juice will keep your body performing at its best.

\$28.00



Toasted Sandwiches

Hot, crispy sandwiches with a variety of delicious fillings to satisfy every craving.



Ham and Cheese Toasted Sandwich

Swiss cheese, Parmesan, muenster cheese, cheddar cheese, and triple smoked ham on white sourdough.

\$15.00



Reuben Toasted Sandwich

Pastrami, sauerkraut, Swiss cheese, and JACS Russian dressing on multigrain sourdough.

\$20.00



Chicken Mayonnaise Toasted Sandwich

Shredded poached chicken, celery, spring onion, dill, cornichons, walnuts, and JACS mayo on white sourdough.

\$19.00



Roasted Veggie Toasted Sandwich

Spiced pumpkin, olives, sun-dried tomatoes, capsicum, spinach, feta, and pesto on multigrain sourdough.

\$19



Chicken Pesto Sandwich

Shredded chicken, pesto, avocado, Swiss cheese, rocket, and sun-dried tomato on white sourdough.

\$19.00



Italian Deli Toasted Sandwich

Salami, prosciutto, Parmesan, ricotta spread, buffalo mozzarella, rocket, and pesto on sourdough.

\$19.00



Special Sandwich



Chilli Honey Mortadella Focaccia

Ricotta spread, thinly sliced mortadella, honey, chilli flakes, crushed pistachios, topped with rocket in fluffy focaccia.

\$20





Smoothies

Wholesome, nutrient-packed smoothies for that extra boost.



Wake Me Up Smoothie

Double espresso, banana, cacao powder, almonds, vanilla ice cream, vanilla protein powder, and almond milk.

\$16.00



Breakfast Smoothie

Mixed berries, oats, spinach, cinnamon, banana, almonds, flaxseed, and vanilla protein powder with almond milk.

\$16.00



Pulse Smoothie

Peanut butter, cacao nibs, banana, vanilla protein powder, vanilla ice cream, and almond milk.

\$16.00



Mango Madness Smoothie

Mango and mango nectar with coconut milk.

\$16.00



Tropical Smoothie

Mango, banana, passion fruit, and mango nectar with coconut milk.

\$16.00



Berry Me Smoothie

Mixed berries, raspberry puree, and apple juice.

\$16.00



Viking Smoothie

Banana, pineapple, blueberries, vanilla protein powder, spinach, cinnamon, and maca with coconut water.

\$16.00



Pre Workout Smoothie

Banana, berries, vanilla protein powder, honey, lemon juice, and cinnamon with almond milk.

\$16.00



Snicker Shake

Chocolate whey protein, peanut butter, cacao nibs, frozen banana, almond milk, salted caramel sauce, topped with a Snickers bar.

\$16.00



Kimmy K Slay

Strawberries, raspberry puree, chia seeds, collagen peptides, honey, coconut yogurt, avocado, ice, and almond milk.

\$16.00



Green Machine

Mango, banana, spinach, spirulina, almonds, maca powder, collagen peptides, honey, passion fruit, and almond milk.

\$16.00



Specials



✦ Fresh Squeezed Juice

Fresh, revitalizing juices for a healthy and delicious treat.

Green Juice

Kale, spinach, green apple, celery, and lemon.

\$13.00



Paradise Punch Juice

Pineapple, orange, watermelon, and strawberries.

\$13.00



Blood Booster Juice

Beetroot, apple, carrot, spinach, lemon, and ginger.

\$13.00



Immunity Boost Juice

Orange, apple, carrot, ginger, and lemon.

\$13.00

Orange/Apple Juice

Freshly squeezed juice.

\$13.00

Kids Juice

Smaller, kid-friendly juice options.

\$6.00

Make it Yourself!

Choose your own fresh ingredients for a custom juice.

\$13.00



Açaí & Frozen Yoghurt

Indulge in creamy açai bowls and frozen yoghurt, perfect for a sweet treat or healthy snack.

Açaí

S \$7.00 (150g) | M \$11.00 (200g)
L \$15.00 (250g)

Vanilla Yoghurt

S \$7.00 (150g) | M \$11.00 (200g)
L \$15.00 (250g)



Strawberries

\$1.80

Mango

\$1.80

Blueberries

\$1.80

Kiwi Fruit

\$1.80

Banana

\$1.80

Coconut Flakes

\$1.80

Chia Seeds

\$1.80

Passionfruit Pulp

\$1.80

Granola

\$1.80

Lemon Crumble

\$1.80

Chocolate Crumble

\$1.80

Crushed Oreo

\$1.80

M&Ms

\$1.80

Sour Worms

\$1.80

Chocolate Brownie

\$1.80

Reese's

\$1.80

Nutella

\$1.90

Nutella spread on hot plate

Peanut Butter

\$1.90

Peanut butter spread on hot plate

Biscoff

\$1.90

Biscoff spread on hot plate

Pistachio

\$1.90

Pistachio spread on hot plate

White Chocolate

\$1.90



Coffee

Artisan coffee brewed to perfection to fuel your day.

Latte \$5.50	Hot Chocolate \$5.50	Babyccino \$2.60
Cappuccino \$5.50	Magic \$5.50 Small	Double Espresso \$4.50
Flat White \$5.50	Piccolo \$5.50 Small	Espresso \$3.90
Long Black \$5.50		Prana Loose Leaf Chai \$7.30

Cold Drinks

Stay hydrated with our selection refreshing beverages.

Straight Up Energy \$6.50	Coconut Water \$5.20
Remedy \$9.00	Water \$5.80
Sparkling Water \$5.20	

Tea

Hot, soothing teas to unwind and relax.

English Breakfast Tea \$5.20	Jasmine Green Tea \$5.20
Earl Grey Tea \$5.20	Lemongrass and Ginger Tea \$5.20
Peppermint Tea \$5.20	

Cold Coffee

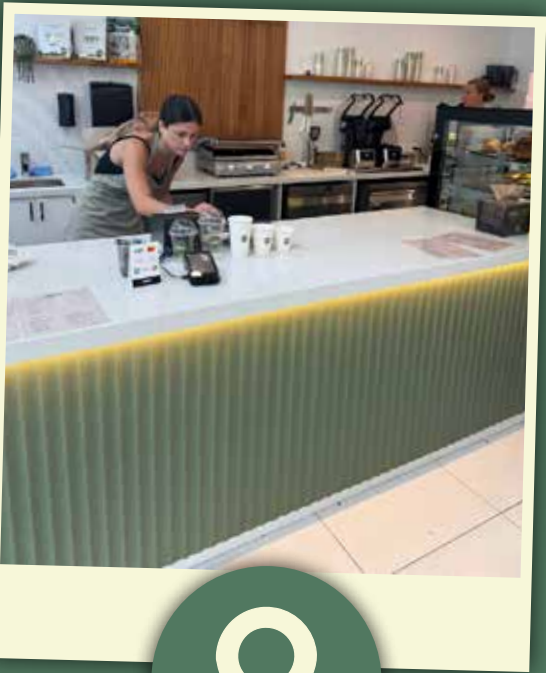
Chilled coffee drinks to keep you refreshed.

Iced Latte \$7.80
Iced Long Black \$7.80
Iced Coffee \$7.80



JACS

Ready to treat yourself?



Shop 1/117 Koornang Rd, Carnegie VIC 3163

jacs.com.au

